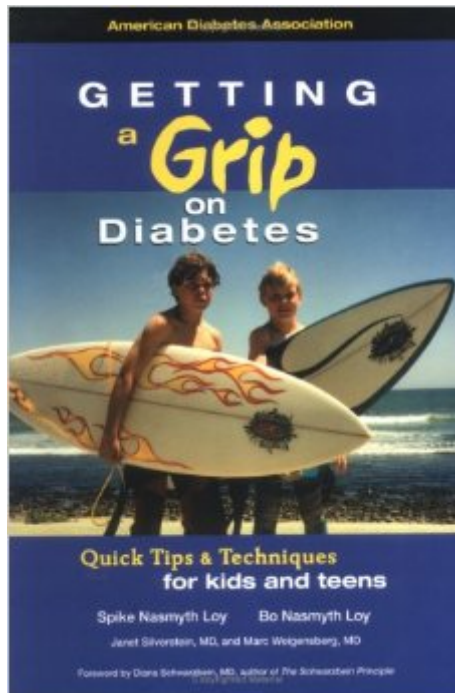


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# Getting A Grip On Diabetes : Quick Tips For Kids And Teens



## Synopsis

Two teenagers with diabetes have partnered with a diabetes expert to put together an easy-to-read, fun, and useful guide for children and teens. They provide helpful hints on how to deal with diabetes at school, pursue sports to the fullest, travel with diabetes, be prepared in emergencies, and more.

## Book Information

Paperback: 128 pages

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #1,062,602 in Books (See Top 100 in Books) #87 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #740 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #1816 inÂ Books > Medical Books > Medicine > Internal Medicine > Pediatrics

## Customer Reviews

I read this matter-of-fact and up-beat book after a weekend where my 16-year-old son turned down an opportunity to attend an overnight 3-day varsity wrestling tournament. He didn't go because he felt he couldn't properly handle his insulin dependent diabetes living out of a suitcase, catching meals at odd hours, and intense workouts. At the time I was extremely sad for him -- never in four years has he had to turn down an activity because of his diabetes. After he skimmed through the book (as teenagers do with required reading), he identified with Spike and Bo and many other kids with diabetes. Learning about their experiences and gaining many helpful and organized tips from them is a breath of fresh air to a teenager who mostly discusses diabetes issues with his doctor and hospital diabetes team. I immediately noticed frosting and powdered gatorade on my refrigerator shopping list. Like Spike and Bo, he also now wants a plug-in cooler for his car. Their book is easy to read and very helpful for organizing supplies and a lifestyle that requires "just a little more organization."

My newly diagnosed Type I daughter picked this book to read. Even at 11 she found it to be full of

great ideas that helped her to incorporate Diabetes into her busy life. She had done an excellent job of organizing most aspects, but this book gave her even more ideas. She and I both found the information well written and easy to grasp. I found it practical and full of useful tips for a parent as well. Highly Recommend.

If there are only two books you buy for diabetes type 1 management this is one of the two (the other being "Real Life Parenting of Kids with Diabetes)" written by Spike and Bo's mother (Virginia Nasmyth Loy). I really enjoyed reading about diabetes from the viewpoint of the person with the disease. Spike and Bo provide practical suggestions on how to integrate diabetes management in a variety of settings: school, surfing, eating out, traveling the globe, driving, etc.

We received this book as a gift when our son was diagnosed with Type I diabetes. The whole family read the book and found it positive and very helpful. The book is filled with real life experiences and dozens of helpful tips. You just feel like you can do it when you read Getting a Grip on Diabetes.

Folks with D1, and their family and friends, of all ages, benefit from the info in this book. The writing style is breezy and casual but very thorough and well researched. These guys really did their homework. The book is very easy to read, and really helps with understanding how D1 affects the body and how best to treat each symptom and situation. It also really helps with de-stigmatizing D1 for those who don't understand it. This version may be slightly dated but not overly, nothing that would cause a problem for someone with D1, thankfully, research is not standing still in this field and new products are made available all the time. A good solid reference, I carry my copy with me nearly all the time.

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